

# No More

拍數: 64      牆數: 4      級數: Improver  
編舞者: Robbie McGowan Hickie (UK)  
音樂: No More - Glenn Rogers



## SIDE LEFT, TOUCH, SIDE RIGHT, TOUCH, LEFT SCISSOR STEP, HOLD

1-2      Step left to left side, touch right beside left while swaying hips left  
3-4      Step right to right side, touch left beside right while swaying hips right  
5-8      Step left to left side, slide right beside left, cross step left over right, hold

## SIDE RIGHT, TOUCH, SIDE LEFT, TOUCH, RIGHT SCISSOR STEP, HOLD

1-2      Step right to right side, touch left beside right while swaying hips right  
3-4      Step left to left side, touch right beside left while swaying hips left  
5-8      Step right to right side, slide left beside right, cross step right over left, hold

## HALF RUMBA BOX, STEP, PIVOT FULL TURN LEFT, HOLD

1-4      Step left to left side, close right beside left, step forward on left, hold  
5-6      Step forward on right, pivot ½ turn left  
7-8      Turn ½ turn left stepping back on right, hold, (facing 12:00)

### Easier option:

5-7      Right forward mambo  
8      Hold

## BEHIND, SIDE, CROSS, HOLD, SIDE ROCK, RECOVER QUARTER TURN LEFT, STEP FORWARD, HOLD

1-4      Sweep left around and behind right, step right to right side, cross step left over right, hold  
5-6      Rock right to right side, recover weight on left turning ¼ turn left  
7-8      Long step forward on right, hold, (facing 9:00)

## PADDLE TURN HALF TURN RIGHT TWICE, LEFT FORWARD MAMBO, HOLD

1-4      Step forward on left, pivot ½ turn right, step forward on left, pivot ½ turn right  
**On counts 1-4, ball of right should stay in place as you complete the full turn**  
5-8      Rock forward on left, rock back on right, step back on left, hold, (facing 9:00)

## 7 COUNT WEAVE LEFT, LEFT HITCH QUARTER TURN RIGHT

1-2      Sweep right around and behind left, step left to left side,  
3-4      Cross step right over left, step left to left side  
5-6      Cross right behind left, step left to left side  
7-8      Cross step right over left, turn ¼ turn right on ball of right hitching left knee up slightly

**On counts 1-7, these should be very small steps traveling left**

## LEFT LOCK STEP FORWARD, BRUSH, FORWARD ROCK, QUARTER TURN RIGHT, HOLD

1-4      Step forward on left, lock right behind left, step forward on left, brush right slightly forward  
5-6      Rock forward on right, rock back on left, (facing 12:00)  
7-8      Turn ¼ turn right stepping right to right side, hold, (facing 3:00)

## CROSS, HOLD, UNWIND FULL TURN RIGHT (2 COUNTS), HIP SWAYS X 4

1-2      Cross left over right, hold  
3-4      Unwind full turn right over 2 counts, (weight on right)  
5-8      Step left slightly left swaying hips left, sway right, sway left, sway right, (facing 3:00)

### Easier option:

1-4      Cross rock left over right, hold, rock back on right, hold

REPEAT

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